

GRADING SYSTEM:

The following system will be used for converting percentage grades to alpha grades.

Alpha Grade	4 – Point	Percentage	Descriptor
A+	4.0	90 – 100	Excellent
A	4.0	85 – 89	Excellent
A-	3.7	80 – 84	First Class Standing
B+	3.3	76 – 79	First Class Standing
B	3.0	73 – 75	Good
B-	2.7	70 – 72	Good
C+	2.3	67 – 69	Satisfactory
C	2.0	64 – 66	Satisfactory
C-	1.7	60 – 63	Satisfactory
D+	1.3	55 – 59	Poor
D	1.0	50 – 54	Minimal Pass
F	0.0	0 – 49	Fail

***There might be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.

COURSE SCHEDULE

() Chapters from textbook

Classroom

Labs

Week 1 - Sept. 3

Introduction, Course Outline

Week 2 – Sept. 10

Wellness and fitness (1), Exercise Issues/Principles (9)

1A, 1B (Classroom)

Week 3 – Sept. 17

Behavior Modification (2), Cardiorespiratory Fitness (6)

Interval Training (Gym)

Week 4 – Sept. 24

Cardiorespiratory Fitness (6)

Fitness Assessment (Gym)

Week 5 – Oct. 1

Muscular Strength and Endurance (7)

8C–Flexibility (Classroom)

Week 6 – Oct. 8

Flexibility (8)

8B – Posture Evaluation (Gym)

Week 7 – Oct. 15

Posture, Back Care (8)

Autogenic Training (Classroom)

Week 8 – Oct. 22

Test No. 1 - Wed., Oct 24 (Sec. A2/B2) – lab books due

Progressive Relaxation (Classroom
10A, 10B, 10D)

Week 9 – Oct. 29

Stress management (10)

Food Labels (Classroom)

Week 10 – Nov. 5

Nutrition (3), Body composition (4),

Week 11 – Nov. 12

Weight Management (5)

4B - Body Composition(Classroom)

Week 12 – Nov. 19

Heart Disease (11) Cancer (12)

Blood Pressure (Classroom)

Week 13 – Nov. 26

HIV/AIDS (14), Smoking (13)

Fitness re-assessment (Gym)

Week 14 – Dec. 3

Lifetime Fitness (15) - **lab books due Wed., Dec. 5**